NEWSLETTER



This month's update shares key progress, current priorities, and upcoming plans. Thank you for staying informed and connected.



2026 MAPP FALL CONFERENCE

Thank you for attending the 2026 MAPP Fall Conference.

Planning is underway for another outstanding educational and networking event. Watch your email and www.mainepsych.org for conference announcements, registration information, and sponsorship opportunities.

PRESIDENTS MESSAGE

As we enter the final months of 2026, MAPP continues its commitment to ensuring that psychiatrists have a strong voice in both state and national policy discussions. Across Maine, patients continue to face significant barriers to accessing mental health services, including longstanding workforce shortages and extended wait times for psychiatric care. MAPP remains actively engaged with policymakers, regulators, and our national partners to advance solutions that improve access to care while supporting practicing psychiatrists.



Thank you for your continued involvement and support of our advocacy efforts.

Maine Advocacy Update

Workforce Crisis Remains a Top Priority

Maine continues to face substantial behavioral health workforce challenges. Recent statewide analyses have documented significant shortages in both counseling and psychiatric prescribing services, with thousands of Mainers waiting months to access care. Workforce recruitment, retention, training opportunities, and sustainable reimbursement remain central concerns for providers across the state.

MAPP supports continued investments in:

- *Psychiatric workforce development*
- *Graduate medical education and residency training*
- *Loan repayment and recruitment incentives*
- *Retention strategies for rural and underserved communities*
- *Improved reimbursement policies that support access to psychiatric services*



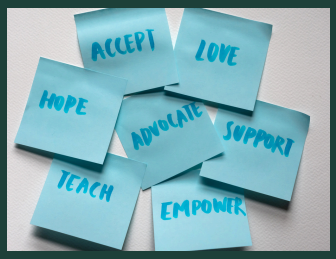
Legislative Engagement

Throughout the 132nd Maine Legislature, physician leaders and partner organizations actively advocated for policies affecting behavioral health access, workforce development, prior authorization reform, and protection of the physician-patient relationship. MAPP members continue to monitor legislative and regulatory developments that impact psychiatric practice and patient care in Maine.

Telepsychiatry and Access to Care

Telehealth remains an important tool for expanding access to psychiatric care, particularly for rural communities. Maine law continues to support telehealth services, allowing licensed professionals to provide care within established standards of practice. MAPP will continue monitoring reimbursement and regulatory issues that affect the viability of telepsychiatry services.

The American Psychiatric Association (APA) has made enforcement of federal mental health parity protections a major advocacy priority in 2026. The APA has expressed strong support for maintaining robust enforcement of the Mental Health Parity and Addiction Equity Act (MHPAEA), ensuring that mental health benefits are covered on par with medical and surgical benefits.



Psychiatrists continue to report barriers related to:

- Prior authorization requirements
- Inadequate provider networks
- Delayed access to treatment
- Unequal coverage of behavioral health services

Strengthening the Psychiatric Workforce

The APA continues to support federal legislation designed to address physician shortages and improve access to psychiatric care. Current advocacy priorities include:

- *Expanding the psychiatric workforce*
- *Supporting medical education and residency training*
- *Reducing barriers for physician recruitment*
- *Increasing access to integrated behavioral health care models*

Collaborative Care Expansion

National advocacy efforts continue to promote the Collaborative Care Model (CoCM), which integrates behavioral health services into primary care settings. The APA supports federal legislation aimed at increasing Medicare support for these models and improving access to treatment for patients with mental health and substance use disorders.

Member Spotlight: Advocacy Matters

MAPP's strength comes from the engagement of its members. Whether providing testimony, educating policymakers, participating in professional organizations, or mentoring future psychiatrists, member involvement helps shape the future of psychiatric care in Maine.

The voices of practicing psychiatrists remain critical as policymakers consider solutions to workforce shortages, access barriers, and reimbursement challenges. As advocacy opportunities arise during the coming year, we encourage all members to participate.



Get Involved

There are many ways to support MAPP's mission:

The Maine Association of Psychiatric Physicians (MAPP) promotes the highest standards of psychiatric care and supports the professional growth and well-being of psychiatric physicians across Maine.

- *Participate in advocacy initiatives*
- *Join a MAPP committee*
- *Attend educational programs*
- *Mentor medical students and residents*
- *Recruit a colleague to become a member*

Together, we can strengthen psychiatry's voice and improve mental health care for all Mainers.

Stay Connected

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